

INFERTILITY WORK UP

Infertility is diagnosed after one year of unprotected intercourse. It can be due to a variety of reasons. Sometimes it is unexplained. Testing is only completed if you are committed to pregnancy within 1 year. If you wish to delay your pregnancy, please be advised that all your tests will have to be redone. This causes extra expense and wasted time. **Do not pursue fertility testing unless you are committed to pregnancy within 1 year.**

Peak fertility is at age 28. After this fertility declines logarithmically afterwards. As you get older there is an increased risk of chromosomal abnormalities as well as pregnancy complications.

It is best to pursue fertility at the peak of health and weight. If you are overweight, you must actively attempt to lose weight prior to pregnancy. Dr. Dy or your family physician may help with any lifestyle changes that need to occur. Smoking decreases fertility rates of both partners. You must take minimum of 0.4mg folic acid/day for prevention of neural tube defects. This should be started 3 months prior to achieving pregnancy.

Period tracking is very important. I do not use basal body temperatures as they are often inaccurate. You can use ovulation predictor kits but they can be costly. We can often determine ovulation just by a simple calculation. Periods are tracked from the first day of bleeding to the next first day of your period. Ovulation time can be calculated only if you have regular periods.

Cycle length – 14 days (Luteal phase) = Ovulation date

The egg is fertilizable for 24 hours. Sperm can live in the vagina for 2-5 days. Please have intercourse every 2nd day starting 5 days prior to ovulation. The more intercourse you have, the less sperm are produced.

If you are not getting regular periods Provera (progesterone) maybe prescribed. First ensure pregnancy test is – ve. Then take it x 10 days. If you get your period during this time you may discontinue your medication and start the work up. It may take 2 weeks for a period to arrive after starting the Provera.

Infertility work up includes the following:

1. **MALE FACTOR:** please have your partner complete a semen analysis ASAP. Cup is provided. He needs to fill out the laboratory information. He needs to book an appointment with the lab. The sperm must be kept at room temperature and evaluated within 2 hours of ejaculation. It is better to abstain from sex between 2-5 days as if it <2 days there will not be enough sperm, if it is >5 days there will be more abnormal (old) sperm. Sperm are regenerated every 3 months. If the sample is slightly abnormal this will likely be repeated in 3 months.
2. **Tubal Factor:** How to book a Hysterosalpingogram (HSG)

801 - 13737 96 Avenue, Surrey, BC, V3V-0C6



This is an X-Ray dye test to check if your tubes are open and look at the uterine cavity. They cannot do the test if there is a possibility of pregnancy. You will need to call when you are menstruating.

On the first day of your period please call one the following locations to book your HSG:

1. Abbotsford Hospital 604-851-4868
2. Langley Hospital 604-533-6405
3. Royal Columbian Hospital 604-520-4640
4. Laurel Radiology Vancouver 604-879-7726
5. Eagle Ridge Hospital 604-469-3172
6. Chilliwack Hospital 604-795-4122

Please call the office if there are any questions or concerns.

Sometimes you will not be able to schedule an appointment and you will need to wait for another cycle to rebook. There are 6 locations you can call to see where you can get in the soonest.

You will need to bring your requisition with you to the appointment.

The hospital will want you to complete a urine pregnancy test prior to the HSG. You will need a urine pregnancy lab requisition so you can complete this when they ask you to.

Please take Ibuprofen or Tylenol prior to the procedure as it can be crampy.

3. OVULATION: This is tested with 2 tests: Day 3 of your cycle and 7 days after ovulation (to be determined by your physician). Please arrive prior to 10am for the day 3 blood test.

Timeline for testing:

Day 1: call for HSG (any of the above numbers)

Day 3: blood test before 10am (+/- fasting)

Timed intercourse 5 days before/after ovulation date: _____

Day 21/28: Progesterone blood test and have your partner complete his semen analysis while you are NOT ovulatory.

Book an appointment AFTER all testing has been completed or if you have not gotten your period.

Please call if there are any urgent questions. Otherwise, you may leave a message at the office for your physician to return your call. Most physician are usually able to respond within a couple of days.

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